

SHIN GUARD SIZE CHARTS

Nike shin guard sizes are determined by height. Match your height to the chart below to find your correct shin guard size.

The bigger the shin guard size, the longer and wider it is to accommodate larger leg diameters. Shin guards should fit from just above the bend of your ankle when you flex upward to a couple inches below the knee.

ADULT SIZE CHART		
SIZE	HEIGHT (FT/IN)	HEIGHT (CM)
XS/TP	4' 7" - 4' 11"	140 - 150
S/P	4' 11" - 5' 3"	150 - 160
M/M	5' 3" - 5' 7"	160 - 170
L/G	5' 7" - 5' 11"	170 - 180
XL/TG	5' 11" - 6' 3"	180 - 190

YOUTH SIZE CHART			
SIZE	HEIGHT (FT/IN)	HEIGHT (CM)	AGE
S	3' 4" - 3' 8"	101 - 111	4 - 6
M	3' 9" - 4' 3"	114 - 129	7 - 9
L	4' 4" - 4' 8"	132 - 142	10 - 12